



SPI Talking Tools

For Criminal Justice Professionals



**Nevada Opioid
Center of Excellence**

CASAT | School of Public Health

The material contained in this publication may be used and reprinted without special permission. Copyright © 2026 by the Nevada Opioid Center of Excellence Screening, Prevention and Intervention Project at the University of Nevada, Reno, 1664 N. Virginia Street, Reno, Nevada 89557. Funding for this product was made possible in whole or in part by the Nevada Department of Health and Human Services (DHHS) Director's Office through the Fund for a Resilient Nevada, established in Nevada Revised Statutes 433.712 through 433.744. The opinions, findings, conclusions, and recommendations expressed in our courses are those of the author(s) and do not necessarily represent the official views of the Nevada Opioid Center of Excellence or its funders.

Alcohol and Drug Consumption

ORDERS / CONDITIONS RELATED TO DRUG USE:

Orders always assume **NO DRUGS** > No use or possession/No illegal drugs/No controlled substance without a prescription

There is no established safe level of consumption for drugs

ORDERS / CONDITIONS RELATED TO ALCOHOL:

If your order says **NO ALCOHOL** > Your conditions call for complete abstinence/Zero tolerance for any detectable alcohol/No use or possession

Testing (EtG/EtS, SCRAM) can detect even very small amounts

If your order says **NO "EXCESSIVE" USE** > The recommended limit is typically <1 per day for women and <2 per day for men

Any alcohol related incident can violate probation

If your order says **NOTHING** about alcohol > Drinking may be legally permitted but still risky.

Any amount of drinking increases your risk for health and other consequences.

PROMPTS

- What's your understanding of the alcohol and drug-related conditions you have as part of your release/probation/parole?
- What do you make of this?
- How, if at all, does this affect your thinking about your own alcohol / drug use?

Exploring Risks

VIOLATIONS

Violations of probation/parole
formal hearings
Possible revocation

INCREASED MONITORING

Random drug/alcohol tests
EtG/EtS: SCRAM
Home or office checks

SANCTIONS

Jail sanctions
Incarceration after repeated or serious violations

ADDED CONDITIONS

Added curfews, travel limits
Bans on bars/places with alcohol

TREATMENT REQUIREMENTS

Mandatory AA/NA
Counseling or substance treatment program

EXTENDED SUPERVISION

Longer probation/parole terms
Stricter oversight after violations

LEGAL CONSEQUENCES

New charges if conduct breaks the law (e.g. DUI)
Police involvement after fraud

LIFE IMPACT

Jobs/School disruption
Family stress: stigma instability

LOSS OF PRIVILEGES

Restrictions on work-release
Fewer freedoms
Increased officer control

PROMPTS

- Alcohol / drug use can lead to a variety of negative consequences related to your case.
- Which of these might apply to you?
- Which ones concern you the most?

Ruler Exercise

IMPORTANCE

Not at all (1)

Extremely (10)



CONFIDENCE

Not at all (1)

Extremely (10)



READINESS

Not at all (1)

Extremely (10)



PROMPTS

- One a scale from 1 to 10 where 1 is not at all and 10 is extremely, how important is that you (confident are you; ready are you) make a change to your drinking / drug use?
- Why didn't you choose a lower score, like a ___?

Road Map Exercise



PROMPTS

- You have some choices to make about your alcohol / drug use going forward?
- Imagine your life down two paths of a road: one in which you follow your conditions, and one in which you don't.
- What are some good things that might happen if you follow your conditions?
- What are some bad things that might happen if you don't?
- Where does this leave you?

Change Menu

Build Supportive Routines:

create daily routines that help you stay sober (exercise, hobbies, family time).

Know Your Triggers and Have

a Plan: Identify stressors or emotions that lead to cravings and develop a step-by-step plan for what to do.

Safer People: Spend time with people who support your sobriety and respect your conditions.

Safer Places: Avoid homes, parties, bars , or other places where alcohol and drugs will be present.

Practice Safe Coping Skills:

Breathing exercises, grounding exercises, journaling, calling a supporter.

Seek Outside Care & Support:

Talk to a counselor, therapist, or recovery coach. Attend treatment programs or support groups.

PROMPTS

- There are lots of changes that can help you comply with your conditions.
- Below are some examples. Which ones stand out to you?
- Which might you be willing to try?

Change Plan

Reason I want to change: _____

Specific changes I want to make: _____

Steps I plan to take: _____

How will I know if my plan is working: _____

Ways other people can help me: _____

Things that could interfere with my plan: _____

What I will do if my plan isn't working: _____

PROMPTS

- Tell me about your plans to change by answering the following questions.